

## ....FOUNDER, AMY NELSON LOOKING BACK ON 40 YEARS...

Ms. Amy Nelson is one of our celebrated founders of the Jamaican Canadian Association. With nearly 60 volunteer awards to her credit, Ms. Nelson considers the establishment of the JCA as one of her biggest accomplishments.

When In Focus asked JCA's founding member Amy Nelson to describe herself, her response was profoundly stated "what you see is what you get!"

For those of us who have come to know Ms. Amy (as she is affectionately called), there is no "truer" statement.

A true visionary, Amy Nelson is one of the pioneer 12 members who signed the first documents that made the Jamaican Canadian Association an official membership organization now serving people from around the world.

IF Where were you born and what did you do in Jamaica?

AN I was born in Spauldings in Clarendon, Jamaica the last of eleven children to very staunch Presbyterian parents who taught us from day one, to share. I went to primary school, then did a year and a half of secondary school then went into nursing at the Kingston Public Hospital in the 1940's. My dad wanted me to be a teacher, but I thought nursing was a challenge. I specialized in General Obstetrics and then went to work in Vere, Clarendon. In Vere I worked very closely with an English trained doctor who did not understand the Jamaican dialect, so I had to interpret for him. We did post mortems, surgeries and community rounds. Eventually I went back to Kingston and

Specialized in surgery then decided that I wanted to see the world.

IF Where did you learn altruism?

AN From my parents. We were not a family that went to parties; we had to go to church. We had to visit the people in our community and take things to those who were in need. We had to walk approximately 15 minutes to school, but many other children had to walk many miles. It was not uncommon for those who lived far away to come to our home for lunch and eventually some stayed with us because of the distance. In fact, the person who used to take me to school was the friend of one of my older siblings who lived at our home while he was attending the school due to the distance where he lived.

IF When did you arrive in Canada?

AN I arrived in Canada in January 1959 with job offers from both Mount Sinai and Toronto General Hospitals. I selected Toronto General Hospital and went to work in the Surgical Department.

IF What was it like in Canada?

AN There was a severe shortage of nurses at the time and as such, Jamaican nurses had no problems finding jobs. However, there were not many black people at that time and I was the only black person in my area. It caused one to feel socially alone.

IF How did you cope with this?

AN Over time we met each other and



*Ms. Amy Nelson is all smiles with one of nearly 60 volunteer awards*

had get togethers. West Indian immigrants were dispersed throughout the city mostly as domestics, university students or working in a trade. Most were young and came to Canada to find a new and better life. Racial tensions were prevalent in the early 60's as civil rights

*Continued on page 12*

### QUARTERLY MEETING

**Sunday  
 November 24, 2002  
 2:00 pm**

Jamaican Canadian Centre  
 995 Arrow Road

**For further information call  
 JCA at (416) 746-5772**



# EDITORIAL

As the year 2002 rushes headlong to a close, the Jamaican Canadian Association looks back at the year with pride and thanksgiving for forty (40) years of Sharing and Caring in the community.

The anticipation of achieving forty years in any sphere of life always gives rise to a myriad of thoughts; what do I have to show, have I achieved all I set out to do, how much longer do I have, and on and on. The JCA must go on sharing, caring and serving and must not spend too much time in the past, except to see how it can better share, care and serve.

The Association took time out of its busy schedule of advocacy, services to women, children, seniors and all the other issues it deals with daily to celebrate this milestone in various ways. Though putting together the celebrations became a job in itself, for those involved, the fact that the community came out to participate in all the celebrations became the payment for all the hard work.

On Sunday, August 4, the Flag Raising Ceremony held at Toronto's City Hall Podium saw one of the largest crowds ever to attend the annual function. It was most heart warming to watch the flag raised and to hear the many nationals participate in the singing of the National Anthem. Later the Thanksgiving Service was held at the Jamaican Canadian Centre following this marvelous event. The hundreds who turned out for the service were in no way disappointed after listening to Rev. Pat Francis, and listening to the many forms of praises that were lifted up on behalf

of both the nation of Jamaica and the JCA.

The Open House held Monday, August 5 welcomed the general public throughout the day to share in the celebrations broadcasted live from the JCA on CHRY 105.5 FM Radio. We thank Neil Armstrong and all the committed volunteers and staff from the station who so faithfully support the association.

The Annual Dinner Gala held on Saturday, August 10 will definitely go down in history as one great evening of celebration. All were awed by the video presentation honouring our founding members, many of whom were there to receive the standing ovation from everyone present. Once again, we thank them for not only dreaming, but also making the JCA reality.

Guest speaker, the Hon. K.D. Knight, Jamaica's Minister of Foreign Affairs gave the audience a bird's eye view of what is happening in Jamaica and we thank him for that.

On Saturday, September 7 the bi-annual car raffle was held at the center and once again the JCA benefited from the community's support. Thanks to all the volunteers who worked so hard to sell tickets and keep track of everything. Congratulations to all the winners hope you are all enjoying your 'winnings'.

As the Christmas season approaches, the Board of Directors, Membership and Staff want to thank the community for its continued support and to wish each and every one of you a very Blessed Merry Christmas and a Prosperous new Year, 2003.

Aluta continua steadfastly for another 40 years!

## IN FOCUS

THE OFFICIAL PUBLICATION OF THE JAMAICAN CANADIAN ASSOCIATION

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*Letters and submissions welcome. The Editorial Committee reserves the right to edit materials for length.*

## Jamaican Canadian Association (JCA) Centre

*Sends its condolences to the families of those who have passed on in 2002*

Marilyn Amiel  
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I hope that you have had a wonderful summer and are looking forward to the Christmas Holiday season.

A lot of wonderful things happened this year. The highlight was our Anniversary/Independence celebrations in August. Honouring our Founding Members was very appropriate and we hope that you had a wonderful time during those celebrations.

Once again we are caught up in a "what we have known all along" situation. I am referring to the present police racial profiling issue. Racial profiling by some Toronto police is something that many in our Community have talked about over the years. This is news to the wider community but not to us. Based on a mere view of the courts on any given day in Toronto, it is quite evident that we are over-represented in the colour of the people being tried for all sorts of crimes - from the stupid to the terrible.

What we are hearing, reading and seeing in the media is also nothing new. **One thing that should be very new this time around is the way we go about addressing this issue.** The time has come for us to take charge of our Community's young people in a much wider scope. What do I mean by that, you ask? Police profiling is a piece of the equation but there are other segments of this society that are equally negative and unhealthy for us.

It is time for us to fight (for everything we get, unlike others, we have to fight for) and ensure that we achieve a better way of educating our young. It is time for a few black focused schools that are run by black people from top to bottom to give our young a fighting chance of going on to be productive citizens. I can hear the



## President's REPORT

By Valarie Steele

chorus already **"It will not work!"** How do you know that it will not work? Have the dominance of white educators been any good for us over the past 25 years?

Many of the existing educational institutions have not been very good to our Community and continue to contribute to the demise of our young people. Educating our young in our own environment where our expectations are that they will succeed is one of the critical pieces that we have to put in place. Most of us who were born in the Caribbean and have achieved some successes here are fully aware that being in an environment where expectations are high is absolutely necessary to young people to fuel their confidence in their own abilities and lay the foundation for eventual success.

In Toronto, a number of schools are slated for closure. Most of them are in

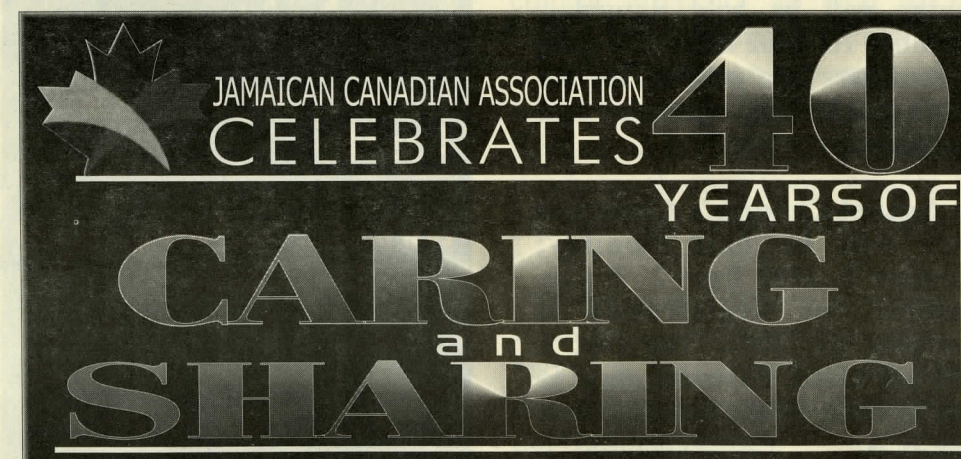
poor neighbourhoods. Many of them are the only schools that serve our Community. **I call on the Community to join with the JCA and me in organizing for these schools buildings to be made available to the Community so that we can begin to address the crisis in education among our youth.**

If you think that fighting for and getting a few black-focused schools is not going to help the Community, my next question is: What are we as a community going to do with the large amount of uneducated high school drop-outs that we have? What are we going to do with the young people that have run afoul of the law, wittingly or through poor circumstances, and currently have not graduated from high school so that they can go on to university colleges or trades? These are critical questions that we as a Community must face and deal with. We can no longer sit back and believe that anyone else can do it but us. We must fight strategically and ferociously for what will make our young people realize their worth to us and improve their lot.

We have focused so much of our time on issues with the police that we have not paid as much attention as we should to other things. It is very evident to me that we will never have an excellent relationship with most frontline police officers because they are the ones that open the gate to our young people's demise. **What we must do as a Community is to ensure that proper rules and regulations are put in place by governments and that every member of our Community be educated on how to use those rules against any officers who dare to overstep their powers.** Let us use the vast knowledge of our Community to remedy what ails us. We are the only ones that have the competence to do it.

As we grow older, we are obligated to look after our young people. If we do not, we will be doomed in the winter of our years to the neglect that we subjected our young people... there will not be anyone to take care of us in the hospitals, in the streets, in the banks, in the civil service, etc. etc. **THE PICTURE IS VERY CLEAR.**

WALK GOOD!





# Membership Services Committee

## This month we feature our seniors.

The JCA has a very vibrant and active group of seniors. The Seniors/Christmas Basket group (as it was originally called) started 25 years ago out of the home of Raphaelita Walker. Most of the initial members came from the JCA's Social Committee. In those days the members of the Social Committee drove their own cars and picked up seniors from different locations and took them to the brunches put on by the committee.

The late Alex Russell, Mr. Wesley Grant the then Education Committee Chair and Ms Amy Nelson orchestrated the official formation of the seniors group. Mr. Russell, who was President of the Seniors Group until his death, eventually started hosting the brunch at the AME Zion Church on Soho Street. Subsequently, the brunch was held at various community centres, as it outgrew each location. Once the JCA officially acquired the building at Dupont Street the brunches were then held there.

The group has continued to grow from strength to strength and today is officially known as the "Caribbean Canadian Seniors" with the active Ms Amy Nelson as President. The group meets twice per week, on Tuesday's and Thursday's from 11:00 a.m. to 4:00 p.m. They are very involved in every aspect of the Association and take ownership of both the building and the Association very personally. They do not hesitate to enjoy their *golden years* and as such, they regularly travel overseas (e.g. boat cruises, trips to Cuba and various locales in the US), in Canada (e.g. visits to historical sites too numerous to mention) and locally they attend theatre productions and consider Niagara Falls their personal playground.

There is an *Annual Seniors Brunch* held the third Sunday in September at The JCA. Interesting guest speakers and topics are chosen each year and over the years we have had some of our own members as guest speakers, of which we are honoured. Some of these guest speakers include: Theo Briscoe, Winnie Greene now (Winnie Philip James) Delores Lawrence, Dr. Inez Elliston, Kamala-Jean Gopie and Bromley Armstrong.

The Brunch is open to all seniors, not just JCA members and seniors are brought in from nursing homes or those regularly shut in and the community members can sponsor a senior or seniors to attend this brunch. The Membership Committee which organizes this dinner would like to say a special *thank you* to dedicated members Bromley Armstrong and Beryl Nugent who have always made it their responsibility to sponsor several seniors each year.

**If you are interested in joining the group, please contact Ms. Amy Nelson at the JCA 416-746-5772 ext. 244.**

### Upcoming Events sponsored by the Membership Committee

**Membership Appreciation Evening will be held Saturday, November 16, 2002 from 7 10 p.m. All members are invited for an evening of fun, games and friendship.**

**The Annual Children's Christmas Party will be held Sunday; December 8, 2002 from 2 5 p.m. Deadline for Registration is November 29, 2002. The cost is \$5.00 per child. Payment must be made in cash, by the deadline date at the JCA.**

The Membership Committee continues to visit our members who are ill or shut in. If you know of any members who are ill, in the hospital or at home it is important that you inform us by calling the JCA (416-746-5772 ext 249). Merry Christmas and a Blessed 2003.

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# Festival of Ontario

Getting away from your roots is almost an impossible task - one would have to make an incredible decision and work at it for a lifetime to be able to do so, if at all.

As Jamaicans, we all grew up with the Queen of England being our "head of state", -our roots, so to speak. Many of us live an entire lifetime and never get an opportunity to meet 'the Queen'. Whether by divine plan or purpose, on Wednesday, October 9, 2002, this became a reality for a few Jamaicans who now call Canada home. It seemed so appropriate to be able to do this, at a time when Jamaica is celebrating 40 years of Independence and the JCA 40 years of existence as a social service organization.

The Jamaican Canadian Association was invited to participate in the "Festival of Ontario", an event put on by the Ontario Government, through the Ministry of Enterprise, Opportunity and Innovation to welcome Her Majesty, Queen Elizabeth the II and His Royal Highness, the Duke of Edinburgh as she continues to visit countries as part of her Golden Jubilee celebrations.

The JCA would have loved to have all our members participate in this grand occasion, however we had little choice in the matter of numbers allowed. This was an event that saw 8000 people being invited to attend and another 2000 participating as either 'Exhibitors' or media. As such,



Premier Ernie Eves directing Her Majesty towards the Jamaican booth, at the festival of Ontario

in order to have the greatest representation of the Jamaican community here, it was decided to have a collaborative presentation with other major Jamaican agencies in the city. The JCA partnered with the Jamaican Consulate, Jamaica Information Services, Arts and Culture, Jamaica Tourist Board and the Jamaica Trade Commission/JAMPRO to create the *JAMAICAN PAVILION* displaying the best of Jamaica.

The Jamaican Pavilion depicted our cultural diversity as well as our caring and sharing, engrained in us, for our fellowman wherever in the world we reside. It focused on our Social Services provided to newborns through to our seniors, the performing arts, our culinary accomplishments our world-renowned rums and coffees tourism, investment opportunities and the historical background of the island, the struggles and achievements of our National Heroes.

The exhibit featured displays of the cultural specific Social Services provided by the Jamaican Canadian Association to the Caribbean, African, African/Canadian and various other nationalities. There were Cultural displays/presentations by members of the Association/Community featuring the traditional music (performed by the Heritage Singers), traditional dress and articles used over the last 40 years. Photographs depicted the island as the greatest tourist destination.

It seemed our location at the festival was hand picked as we had what was considered 'a choice spot'.

It seemed everyone wanted to be standing by our pavilion and when the Duke chose to stop and hold audience with members of our group for nearly two minutes, it seemed that indeed it was the 'choice spot'. When Her Majesty got to us and stopped to talk to our founding member, Amy Nelson, well, you can just imagine that the value of that piece of real estate went through the roof. It was truly a moment in time that all 10,000 people who were present will long remember and will be glad they had an opportunity to share in.



JAMAICAN CANADIAN ASSOCIATION

**TOGETHER WE CAN DO IT.**



Granny Use To Seh:

"WE RUN TINGS,  
TINGS NO  
RUN WE."

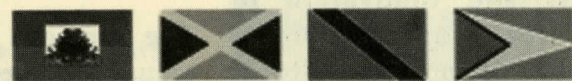
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# Youth Committee

In recent months the JCA's Youth Committee has become more actively involved with the community. During the summer they held a successful fundraising car wash, served up plates of food at the annual seniors dinner and regularly represent Black youth at various events.

Currently, the Youth Committee is focusing its efforts on a publishing a newsletter to be distributed to all major universities and colleges in the GTA. The newsletter intends to cover subjects that are pivotal to the proper development of minority youth. Subject matter will range from careers to coping with racism in the workforce.

The Youth Committee held a 'Young Black Professionals' dinner and dance on November 2<sup>nd</sup>, 2002. Many

professionals from various industries were in attendance. The dinner was a good opportunity for young people to network.

The Youth Committee can be heard every Friday at 5:05pm on CHRY discussing topics that affect Black youth.



JAMAICAN CANADIAN  
ASSOCIATION

**TOGETHER  
WE CAN  
DO IT.**

*Volunteers* are needed

at the



Jamaican Canadian  
Association (JCA) Centre

To establish a Scout Movement. The Scout Movement will provide stimulating indoor and outdoor programs for young people from 5-26 years. Scouts Canada and members of the Canadian Armed Forces will provide the necessary training and guidance in operating the group. For further information, please contact

**BARRY MORRISON** at the JCA,  
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# JCA WOMEN'S SPACE

Excerpts from a Round Table discussion presented by Carmen Sutherland and Eunice Graham on July 26, 2002.

## WOMEN AND POVERTY

### What does it mean to be poor in Canada?

In a 1998 United Nations study, Canada was once again heralded as one of the best places to live as long as you are not poor. That is, Canada achieved only 10<sup>th</sup> spot among the western countries for its treatment of its disadvantaged citizens.

Almost 3 million Canadian women live in poverty that is 1 in 5 women, or 56% of the poor in Canada are women.

Being poor in Canada does not mean the same as being poor in some parts of the world. To be poor in Canada means to be surrounded by wealth but having no access to it. It means having to choose between paying the bills, buying groceries, or buying necessary supplies.

Poverty in Canada is not a matter of starving but rather of begging for food at food banks and being shunted from one substandard shelter to another.

### Factors that make women more vulnerable to poverty:

You are more vulnerable to poverty if you are an Aboriginal woman, a woman with a disability or a visible minority woman. These groups of women not only have an annual income significantly lower than that of Canadian women as a whole, but also significantly lower than their male counterparts. The women most likely to be poor are single mothers and single women over 65 years. Almost half (49%) of single, widowed or divorced women over 65 live in poverty, compared with only 38% of their male counterparts.

### Structural reasons for the continuing poverty of women:

There are simple structural reasons for the continuing poverty among women. Two primary reasons are low wages for women's work, and no wages for women's work.

Women earn 73% of what men earn for full-time work. Women with university degrees, employed full-time earn 74% of what men with university degrees earn. Canada has the 5<sup>th</sup> largest wage gap between female and male full-time workers out of 29 of the world's most developed countries.

Women are still expected to perform the majority of household chores and childcare. Women are expected to cut down on their paid work, quit their jobs, take emergency leave from work or refuse promotions in order to care for children, elderly parents, or in-laws. Men are not. This has a

lifelong impact on wages and accumulation of pension benefits.

According to Statistics Canada, women perform between \$234 billion to \$374 billion worth of unpaid work per year. Instead of their valuable work being recognized and rewarded, women are economically penalized for having children, whereas men are not. And if you think childbearing and rearing is not valuable to society, think of what would happen if all women refused to have children? **(The entire human race would be wiped out in one generation).**

Another structural reason for women's poverty is discrimination. Many of the best-paid jobs are in male-dominated science, engineering and computer science and male-dominated unionized blue-collar jobs.

Women who enter non-traditional occupations often face hostility from bosses or co-workers. Some women (members of ethnic, racial or linguistic minorities) face multiple forms of discrimination. They are subject to the stereotypes and attitudes toward women as well as racism.

The fact that women are more vulnerable to poverty than men is not new. It is not that many Canadian women have all of a sudden become poor in an era of globalization. One problem we have been facing is the direct and indirect impact of globalization on Canadian public policy and the direction public policy has been taking over the past twenty years has been keeping women poor.

In 1997, the federal government

gutted the Unemployment Insurance program. It made entry criteria more difficult and it reduced benefits and gave it a new name, Employment Insurance. The result is that only 30% of unemployed women today are covered by EI, as opposed to 70% ten years ago.

### Underpaid work:

Seventy percent of women in the paid labour force are concentrated in five female-dominated sectors: health, teaching, clerical, sales and service. These were once seen as the only suitable work for women as it is exactly what women have done for free in their homes for thousands of years looking after children, teaching them skills, nursing the sick and elderly, preparing food, cleaning, sewing, and serving others, helping a husband run a family business. Since women's work in the home is having little or no economic value, so too is women's paid work.

### Impact of the poverty of women on society:

The poverty of women has a deep personal impact, from acute and chronic ill health, early death, increased vulnerability to violence and all forms of abuse. The poverty of women also has a profound social and economic impact on society. Poor women means poor

children, poor children are also more prone to ill health, disability and poor school achievement.

### Senior women and poverty:

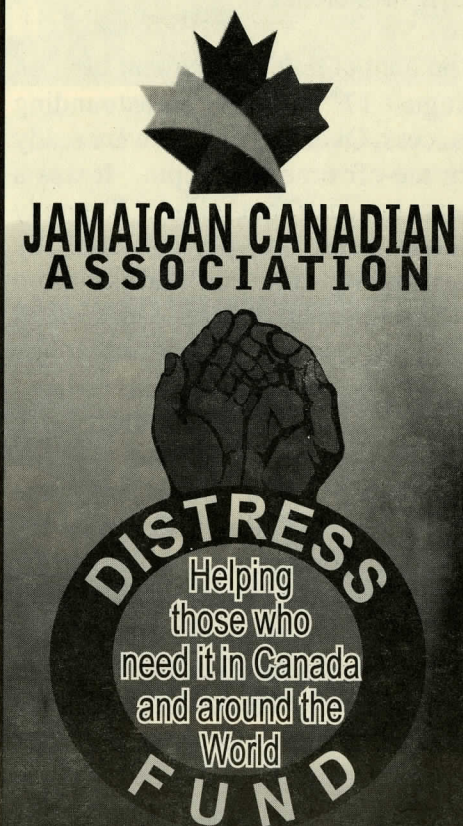
Because of the vulnerability of women to poverty, needless to say there is an unacceptable number of seniors who are living in dire poverty.

In a recent article in the Toronto Star entitled "Moving Down in the World", it was reported that shelter and security are elusive for Toronto's seniors, struggling with rising rents and meager incomes.

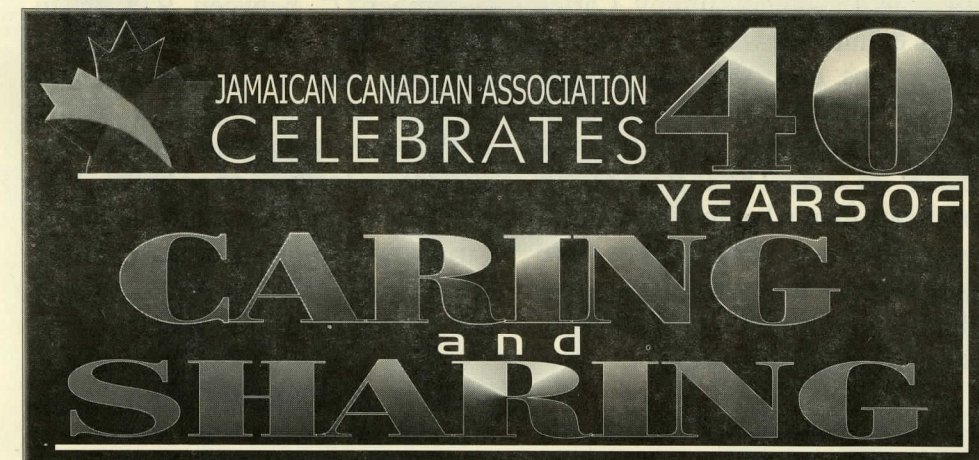
Many of these women did not work outside of their homes therefore, they did not contribute to the Canadian Pension Plan and find themselves not eligible for this benefit. Many were told that their husbands would take care of them, but, as we all know, the life expectancy of women is longer than men, thus a number of them are widowed or divorced and find themselves among the poorest, unable to buy food or find appropriate shelter. As one of the women being interviewed put it "When I see how hard I have worked and where I am at, it breaks my heart."

### What can we do about women and poverty?

- Get our elected officials to establish a minimum wage that reflects the actual cost of living;
- Ensure access to job training without cost or minimum cost;
- Lobby for decent affordable housing rent-geared-to-income subsidies to make existing housing affordable;
- Access to social services including health care, childcare, mental health care and substance abuse treatment;
- Pay equity and employment equity;
- Tax relief for the poor, not Only for the rich



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# TID BITS

By Alton Telfer

We have come to the end of a most enjoyable summer. Some may say that it was too hot for their comfort but a summer without heat is no summer at all. Many wonderful and entertaining things occurred during the summer including our 40<sup>th</sup> Independence celebration held on August 10<sup>th</sup>. It was a smashing success socially and all reviews were positive. Barbara Thomas, Hyacinth Wilson and the rest of the Planning Committee should be commended for a job well done.

The annual golf tournament held on August 17<sup>th</sup> was also an astounding success. Over 140 golfers were ready for tee-off time at 1:30pm. It was a very hot day but Grace Kennedy Foods kept the players cool by distributing free cool drinks from their tent set up on site. Our Consul General, one of the patrons at the event, Ms. Vivia Betton, was on hand to greet the golfers before the tee-off. The event experienced a net profit of just over \$17,000. Golf Committee Chair, Karl Killingbeck and the entire Committee should be congratulated for putting on another successful tournament. A big thank you also goes to all of our sponsors and Bruce Macdonald, Daphne Bailey and Eunice Graham who were judges for the 'hole-in-one', 'longest drive' and 'closest to the pin' competitions.

Election Day in Jamaica was October 16<sup>th</sup>, the very day I returned after being there for three weeks. Some think I was crazy to visit at a time when violence is generally more frequent. A few atrocities did take place, some lives were lost and although one life lost is one life too many, I must concede that this was

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one of the fairest and least violent elections for a long time. Former American President, Jimmy Carter and his committee were in JA during the elections, observing and seemed satisfied with the election process. The final result was PNP, 34 seats and JLP, 26 seats. The JLP gained 16 more seats than what they had going into the election. While, there were approximately four other parties that fielded candidates in this election, none of them gained a seat.

The count down for Christmas has already started and our annual

Christmas Grand Market' is only weeks away. It will take place on December 7<sup>th</sup> between 9:00am to 4:00pm. The committee is asking that you help us to advertise this event by encouraging your family and friends to attend. The day guarantees loads of good buys. This year we will have a vast quantity of various wine and champagne glasses at 'give-away-prices.' Please help us in this endeavour.

Wishing you and your family a safe and enjoyable Christmas when it comes.



JCA founders being honoured at the 40th anniversary gala



Members of the audience @ the 40th independence gala



From left to at the Gala right Alan Tonks, M.P., Vivia Betton, Jamaica's Consul General, Claudette Cameron-Stewart VP, JCA, Valrie Steele, President, JCA, Jean Augustine, M.P., Hon. K.D. Knight, Jamaica's Minister of Foreign Affairs & Alvin Curling, M.P.P.



Some of our award recipients

A section of the Jamaican display



Members setting up the booth for the festival of ontario



Pictures below: Top photo: L-R Ismay Murry, Bob Ray, former Premier, Lydia Thompson, Bruce MacDonald, Dr. Pauline Peart- Blackwood

Bottom Photo: Lydia Thompson with Hon. Louise "Miss Lou" Bennett-Coverley



Pictures above: Top photo: Ms. Amy with Colin Mockery from "Whose Line Is It Anyway"

Bottom Photo: VP with members of the Jamaican Team





## ....FOUNDER, AMY NELSON LOOKING BACK ON 40 YEARS...

Continued



Ms Amy conversing with Her Majesty Queen Elizabeth at Festival of Ontario Oct. 9/02. Looking on is Premier Ernie Eves

movements were taking place all over the United States. Even though racial tension was not as prevalent in Canada, West Indian immigrants tended to stick together and often discussed bettering themselves as a people. Many of the Jamaican university students who had arrived here interacted with the Jamaican adults. Mr. Esmond Ricketts used to teach some of them music and through him we started to plan socials to interact with the students and the rest of us. We must credit Mr. Ricketts with the founding of the Jamaican Canadian Association even though much is not known of him.

IF What did you all do?

AN In 1962 as Jamaica was embarking on gaining her Independence, Mr. Ricketts suggested that we held a celebration. Our first planning meeting was held at a Day Care Centre at Bathurst and Harbord Streets where Eva Smith worked. A dinner and dance was planned and held at the King Edward Hotel with a number of dignitaries present. It was an overwhelming success. At the wrap-up meeting held at the YMCA it was decided to get an official Association going where we would be able to help Black immigrants who had nowhere to go or no one to represent them, as well as just to get together and talk as we were in such a terribly racist city. In September 1962 the first meeting was held where the Association was called the Jamaican Canadian Association (JCA) by unanimous decision as there were



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decided to run the Association by Roberts Rules and since its registration has had a volunteer board and is still the only organization of this nature where no one on the Board is paid. The JCA has an impeccable history of accountability due to the structure and dedication of its volunteers. No one can sell anything and walk away.

IF What was the mission of the JCA?

AN The JCA became our lives and we did everything to generate funds and we never turned down an opportunity to advocate for someone in need. We worked extensively with people from other Caribbean countries and the very first person we advocated for on an immigration matter was from Bermuda. We ran Caravans and had to clean filthy arenas before inspectors would pass them for us to set up our caravan booth.

Our food, drinks and dances were very popular and helped to advertise the other parts of the JCA. Building owners tripped over themselves to rent us their places as we were known to clean it up before we started, and leave it clean once we were finished. We brought along our very own garbage bags and took the garbage with us when we left. The Association always had more female than male members, but the women much preferred to work from behind the scenes while the men did the official representations. There were teachers, nurses, engineers, domestic workers (many of whom were really teachers), participating in the JCA.

IF How was the JCA Operated?

AN The JCA operated and continues to operate from a legally binding

Continued on page 14

## COOK'S CORNER

### OXTAIL AND BROAD BEANS (LIMA BEANS)

From the Cookbook: More Down To Earth Jamaican Cooking  
By Laurice DeGale. For your copy of this excellent cookbook  
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- 1 lb. dark raisins (2 cups)
- 1 lb. currants (2 cups)
- 1 lb. prunes, stoned (2 cups)
- ½ lb. red candied cherries (1 cup)
- 1 lb. candied citron peel (2 cups)
- 3 cups dry red wine
- 1 cup rum preferably Jamaican over proof white rum
- 1 lb. flour (4 cups)
- 3 tablespoons baking powder
- 12 eggs
- 1 lb. butter (2 cups)
- 1 lb. dark-brown sugar (2 cups)
- 4 tablespoons browning or ½ cup molasses to give the cake a rich dark colour
- 1 cup olive oil (to ensure moist cake)
- 2 teaspoons each: ground cloves, allspice, cinnamon, freshly and finely grated nutmeg
- 1 lb. ground almonds (2 cups)
- 2 tablespoons pure vanilla extract
- 2 teaspoons finely grated lemon rind
- 2 teaspoons lemon juice

#### Fruit Preparation

1. Chop raisins, currants, prunes, cherries, and citron peel (preferably use a potato masher to crush the fruits or if you have the time you could use a knife to cut them in small pieces. If food processor or grinder is used, the ingredients may be too pasty and the cake will not have a nice texture). 2. Put the chopped fruits in an airtight jar and pour the wine and rum over fruits. 3. Cover and leave to soak at room temperature for 14 days or up to 2 months you can soak the fruits overnight if there is not enough time, but 2 weeks is a good time for the fruits to mellow in the liquor.

#### Mixing the Cake

1. In a separate bowl sieve together the flour, baking powder, ground cloves, allspice, cinnamon, and nutmeg. 2. In a separate bowl whisk the twelve eggs (remove and discard the yolk from the egg the small white solid mass that is attached to the egg white. This

## JCA'S THIRD ANNUAL CHARITY GOLF CLASSIC A RE SOUNDING SUCCESS

Over 140 golfers turned up at the Cardinal Golf Club in Kettleby on Saturday afternoon, August 17, 2002, for JCA's third golf tournament, held under the patronage of Ms. Vivian Betton, Consul General for Jamaica; Mr. Alvin Curling, MPP Scarborough Rough River; and Mr. Joe Halstead, Commissioner, Economic Development, Culture & Tourism, City of Toronto. There were supporters from as far away as Detroit, Rochester, Miami and Alexandria in Virginia, U.S.A. The Toronto Police Services sent a team. Councillor George Mammoliti joined us.

Financially, the committee made about two and a half times as much money as in the second year (we simply broke even the first time) due to several factors. There was a tremendous increase in sponsorship and donor support, 52 corporations and individuals, up from 38 last year. FLOW 93.5 was again the Media Sponsor; Sandals came on board as the Event Sponsor; Western Union was the Dinner Sponsor; Brantville Construction, the Hole-In-One Sponsor; Southport Data System, the Prize Table Sponsor; and Grace Kennedy Foods, the Cart Sponsor. Trip and Resort Stay Sponsors were Sandals, Air Jamaica, Wyndham Rose Hall Resort, and Mirabel

Travel. Hole sponsors were Alta Nissan, CBM Group Ltd., and Tracedata Services Inc. Tee sponsors were Jamaica Tourist Board, Guinness Extra Stout, and Kedar Hair Design. A full list of all 52 sponsors and donors is on the JCA Web site.

The post-tournament reception, held at the Jamaican Canadian Centre, had a new format. Groups of golfers, rather than individuals, got prizes for being the best golfers. Most prizes were raffled. As well, the trips and stays were auctioned, in large measure accounting for the satisfactory financial picture. The Jamaican cuisine of Jean MacIntosh was most appreciated. The bar was busy. Spirits were high. Committee members got lots of kudos but also some constructive criticism which will inform next year's planning. People mingled late into the night. "See you next year," was the parting shot from many a golfer. Karl Killingbeck, Chair, and other committee members were extremely pleased with the resounding success of Golf 2002.

Prepared by Erma Collins  
Golf Committee Member

Editor's Note: The Board of Directors sincerely thanks the Golf Committee for all their hard work.

will eliminate the taste of egg in the cake). 3. In a large bowl, mix together the butter, sugar and browning until mixture is soft, mix in the olive oil. 4. Add the dry ingredients and the eggs into the butter mixture, a little at a time, gently mixing the ingredients together, do not over beat when mixing. 5. Add the ground almonds, vanilla, lemon rind and lemon juice. Stir in the fruit mixture.

#### Prepare Baking Tin

Grease 2 large cake tins approx. 10"x10"x3" and 9"x9"x3" or smaller tins if desired. Line tins with grease paper.

#### Baking Time & Setting

1. Place a large, shallow pan half-full with hot water on bottom of oven racks (this helps to keep cake moist). Preheat oven at 327°F. 2. Pour cake mixture into prepared tins. 3. Place tins on middle rack and bake for 3-1/2 to 4 hours for large cakes, or 1-1/2 hours if small tins are used. Cake is done when a toothpick or a knife inserted in the center comes out clean.

#### Storing Cake

1. Remove tins from the oven and sprinkle with rum, seal with saran wrap. Set aside to cool. 2. Remove cakes and wrap with cheesecloth soaked with brandy or rum, then wrap in foil. Store in an airtight container.



# ....FOUNDER, AMY NELSON LOOKING BACK ON 40 YEARS...

Continued

constitution. The JCA must be apolitical both in Canada and in Jamaica in all its dealings. The JCA has had various committees since its inception. It was the first organization to have a youth group. This was started by Eva Smith through her work in the schools. These school liaisons continue to this day. We had an All Purpose Committee which was involved in many advocacy issues, all done by volunteers. Eventually the government recognized the great work we were doing and we received our first grant and were able to hire our first Executive Director, Carl Fuller, a former president of the Association. We now have paid staff dealing with these social service issues once done solely by volunteers. As we were pioneers in this form of advocacy, whenever other groups wanted to start similar organizations, the government would send them to the JCA to gather information before presenting their proposal to them.

IF What are your memories of a Jamaican Christmas?

AN As a child Christmas was always pleasant as we knew we would get lots of gifts and many different foods. Not just chicken and beef, but ham and for sure rice and peas which we normally only had on Sundays. My older sister would bring us little gifts from Kingston and we had to prepare little baskets to take to church and to members of the community. We had regular socks placed in the living room to collect our gifts from Santa and when we awoke Christmas morning would rush to see what he brought. It was a time to invite those who had nothing to share eggnog, watch Junkonoo, sing Christmas Carols and share cake and sorrel with them and your friends.

IF What is the difference with Christmas here in Canada?

AN Back then, the real Santa would arrive with something special, but now it is commercialized and the only ones benefitting from Christmas are the merchants. There is no excitement here anymore.

when JCA had its first youth group, they gave me a scroll for all the help I gave them. I hold that one very dear. If I can affect the youth and can help them in any way and then to be recognized for it, that is great. The group Sisters on the Move gave me an award saying I was a Role Model to them. Another one that I consider highly is the one I received from the Province of Ontario, because this is such a large province and for them to select me for my volunteer work, I consider that special. The Seniors group here at the JCA gave me an award in which they called me their "Mother Theresa" and that is truly special. Also, I received a nice letter from the Prime Minister of Canada.

IF What would you like to say to us as a final thought?

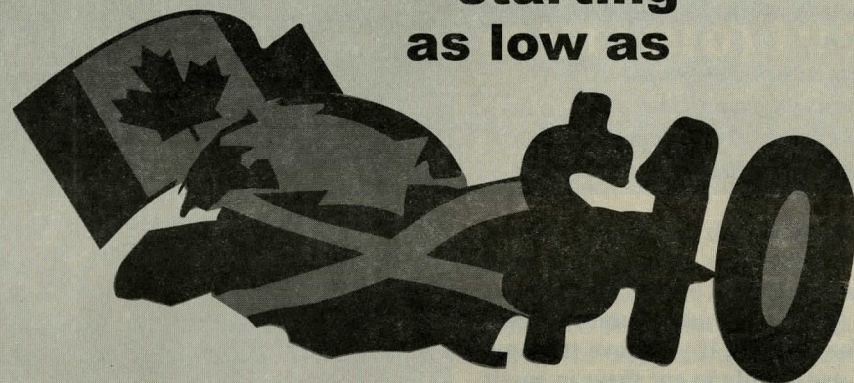
AN The Association needs young people to come in and commit to the principles of those of us who founded it. The founders are getting older and must pass the baton on. We need dedicated volunteers. The staff that are hired as service providers must go outside to project and sell the Association more. These were solely done by volunteers and continue to be done by volunteers. This needs to be a unified volunteer/social service providers effort. The needs are greater now and we need all hands on deck. WE NEED DEDICATED VOLUNTEERS. Volunteering is an honourable job.

IF Ms. Amy, we thank you so much for your time. We thank you for being there for us and for blazing the trail we now walk on.

AN Thank you.

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# QUARTERLY MEETING

Sunday  
November 24, 2002  
2:00 pm

Jamaican Canadian Centre  
995 Arrow Road

For further information call  
JCA at (416) 746-5772

JCA's web page/address - Web Site: [www.jcassoc.com](http://www.jcassoc.com) • E-mail: [info@jcassoc.com](mailto:info@jcassoc.com)

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## UPCOMING EVENTS

EVENT	DATE	TIME	LOCATION
7 <sup>th</sup> REPARATIONS MEETING 'Immigration, Refugees, Fairness Integrity, impact on Blacks'	Nov.	T.B.A.	JCA Centre
WOMEN'S COMMITTEE RAP SESSION	Nov. 22	6:30pm-8:30pm	JCA Centre
QUARTERLY MEMBERSHIP MEETING	Sun. Nov. 24	2:00pm	JCA Centre
CHRISTMAS GRAND MARKET 'ONE STOP SHOPPING BAZAAR'	Sat. Dec. 7	9:00am -3:00pm	JCA Centre
ANNUAL CHILDRENS CHRISTMAS PARTY	Sun. Dec. 8	2:00pm-5:00pm	JCA Centre
NEW YEARS EVE GALA	Tues. Dec. 31	6:30pm- 7:00pm: Cocktails 7:00pm: Dinner	JCA Centre

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